

## Aikido with Tom Reed

The martial art Aikido is often thought of as a soft or internal art. When the term soft or internal is used to describe a martial art, it means that technique, timing and efficiency, rather than strength, are emphasized in the movements.

Instructor: Tom Reed

### Class# 10431

Monday & Wednesday Sept 7 - 28 7:30-8:30p.m.  
O'Club Terrace Room No. of Sessions: 7 Fee: \$53

### Class# 10432

Monday & Wednesday Oct 3 - 31 7:30-8:30p.m.  
O'Club Terrace Room No. of Sessions: 9 Fee: \$53

### Class# 10433

Monday & Wednesday Nov 2 - 30 7:30-8:30p.m.  
O'Club Terrace Room No. of Sessions: 9 Fee: \$53

### Class# 10434

Monday & Wednesday Dec 5 - 28 7:30-8:30p.m.  
O'Club Trident Room No. of Sessions: 8 Fee: \$53

### Class# 10435

Monday & Wednesday Jan 2 - 30\* 7:30-8:30p.m.  
O'Club Trident Room No. of Sessions: 8 Fee: \$53

\*No Class January 16, 2012

### Class# 10436

Monday & Wednesday Feb 1 - 29\* 7:30-8:30p.m.  
O'Club Trident Room No. of Sessions: 8 Fee: \$53

\*No Class February 20, 2012

## Hawaiian Jujitsu for Adults (Ages 15 & Up)

An oriental system of Martial Art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. This class is structured toward more street self-defense, grappling, and traditional Jujitsu (Kodenkan). Students learn to do simple techniques to control their partner when attacked. You will learn to fall and control your partner without getting hurt when on the ground.

Instructor: Chris Peterson

### Class# 10437

Tues & Thurs Aug 30 - Sept 22 6:30-8:00pm  
Twin Towers No. of Sessions: 8 Fee: \$53

### Class# 10438

Tues & Thurs Sept 27 - Oct 20 6:30-8:00pm  
Twin Towers No. of Sessions: 8 Fee: \$53

### Class# 10439

Tues & Thurs Oct 25 - Nov 17 6:30-8:00pm  
Twin Towers No. of Sessions: 8 Fee: \$53

### Class# 10440

Tues & Thurs Nov 29 - Dec 22 6:30-8:00pm  
Twin Towers No. of Sessions: 8 Fee: \$53

### Class# 10441

Tues & Thurs Jan 3 - 26 6:30-8:00pm  
Twin Towers No. of Sessions: 8 Fee: \$53

### Class# 10442

Tues & Thurs Jan 31 - Feb 23 6:30-8:00pm  
Twin Towers No. of Sessions: 8 Fee: \$53

## Fitness Conditioning and Combat Workout

Get fit and learn basic self-defense techniques. Classes begin with stretches and lead into physical conditioning exercises. We learn and practice basic boxing, kick boxing and self-defense moves. Conditioning exercises vary from light to intense, depending on physical ability and condition of participants. Participants are not forced to perform exercises that may cause overexertion. This class is perfect for young adults, adults who wish to improve their fitness level, and those who want to learn to defend themselves. (Minors must be accompanied by a parent.)

Instructor: Alameda Aikikai

### Class# 10443

Wednesday Aug 31 - Oct 19 6:00-8:15pm  
Alameda Aikikai No. of Sessions: 8 Fee: \$50

### Class# 10444

Wednesday Jan 4 - Feb 22 6:00-8:15pm  
Alameda Aikikai No. of Sessions: 8 Fee: \$50

## Yoga for the Body & Mind

Combine stretching, stillness, and stamina in giving your body a well-rounded yoga workout to increase your overall sense of well being. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open for all levels. Wear loose clothing, and an empty stomach.

Instructor: Toya Alexander

### Class# 10490

Tuesday Aug 30 - Oct 4 6:30-7:30p.m.  
Harrison Center No. of Sessions: 6 Fee: \$51

### Class# 10491

Tuesday Aug 30 - Oct 4 7:40-8:40p.m.  
Harrison Center No. of Sessions: 6 Fee: \$51

### Class# 10492

Tuesday Oct 11 - Nov 15 6:30-7:30p.m.  
Harrison Center No. of Sessions: 6 Fee: \$51

### Class# 10493

Tuesday Oct 11 - Nov 15 7:40-8:40p.m.  
Harrison Center No. of Sessions: 6 Fee: \$51

### Class# 10494

Tuesday Nov 22 - Jan 10\* 6:30-7:30p.m.  
Harrison Center No. of Sessions: 6 Fee: \$51

\*No Class December 20 & 27

### Class# 10495

Tuesday Nov 22 - Jan 10\* 7:40-8:40p.m.  
Harrison Center No. of Sessions: 6 Fee: \$51

\*No Class December 20 & 27

### Class# 10496

Tuesday Jan 17 - Feb 21 6:30-7:30p.m.  
Harrison Center No. of Sessions: 6 Fee: \$51

### Class# 10497

Tuesday Jan 17 - Feb 21 7:40-8:40p.m.  
Harrison Center No. of Sessions: 6 Fee: \$51